

Scene 76

Memorization Made Easy

Twelve hundred and twenty-five words. I promised you that I would give you the 1225 words that for over thirty years, when I discharge them by **the power my tongue** have delivered me from the pain of depression, the desperation of stress, anger, the blues, worry, fear of failure, and the excruciating poison of unforgiveness and a broken heart. Here's a quick and effortless way to memorize them. You must memorize them, because a soldier doesn't go into battle with an unloaded weapon, and neither do you. You must memorize your words so that your weapon is loaded and you're ready to fire away!

First, the trick to memorization, and then we'll get to the 1225 words.

I *Accidentally* Discovered How to Memorize

Somebody once told me that if you say something aloud ninety-five times, you'll memorize it. That seems simple enough. Say something out loud—loud enough for you to hear yourself hear it—say it aloud ninety-five times. Then you'll have it memorized. Notice you say it *out loud*. Not merely *read silently*. Reading silently doesn't do it.

So, here's another test I conducted, and of course this one was X-Games extreme (like all the other tests and obstacle courses I erected to test my accidental discovery on that sunny summer California afternoon in 1983 when my green convertible died) in that my attempt to memorize was not one paragraph, or even two. I tried it on all six chapters of the book of Ephesians, three thousand words: twice the length of this scene.

Rather than read it aloud ninety-five times from off the pages of the book, although you could do that, I owned one of those micro cassette players. This was years before digital recorders and smart phones existed—and I recorded every word of Ephesians from beginning to end. I chose to *hear* it and speak it rather than *read* it and speak it, although you could do it either way. Just make sure you *speak it*.

Back then I painted houses, so as I slapped paint on kitchens, bedrooms, and bathrooms, I would speak along with the tape player that I neatly tucked in my left front shirt pocket, and every sentence I'd repeat aloud right along with the tape. If I had to go eat lunch or buy more paint, the tape player continued to play, and the entire time driving I would speak right along with the tape. The key here is *out loud*. I did more than listen. I spoke *aloud* along with the tape.

[VERY IMPORTANT POINT: I didn't listen. I merely spoke.]

When I pulled up to the lunch counter, I'd turn the tape player off, get out of the car, eat lunch, then come back to the car, and start the tape from where I left off.

To keep track of how many times I spoke it through from start to finish, there was a little space at the end of the recording where I recorded how many times I spoke. It worked like this: "The number of times I've spoken Ephesians is ..." and then I'd hit the record button to record the new number, say 'seventeen' or 'thirty-one' or whatever it was. Then, I'd rewind the tape to the beginning, speak from start to finish, and record a new number at the end. That way I easily kept count of how many times I spoke it from start to finish.

It took a lot more times than ninety-five. In fact, a heckuva lot more. I won't say my brain is dull, but my memory is about as keen as fish bait, so it took me 234 times. *Two hundred thirty-four times!* But on the 235th time I could speak the entire book of Ephesians from beginning to end without missing a beat.

Here's an interesting point. Never once did I try to memorize the traditional way. In other words, I never sat down with the 1225 words in front of me, read a sentence or two, and then close my eyes and try to focus and concentrate on what I had just read. That's excruciating and frustrating. It'll take you forever. You'll hit menopause, pluck straggly chin hairs, and develop a terminal case of hemorrhoid thrombosis before you get it memorized. Some of you are already that old, so you'll be dead before you get it memorized.

The easiest way to memorize is to speak and speak, and here's my accidental discovery: After about four or five times through, I didn't try to concentrate on the words. I didn't focus, and barely even listened to what I was saying. You heard me right. I didn't even exert one ounce of energy or effort to listen to what I said. All I did was to speak. I barely listened, didn't focus, and didn't concentrate. Just spoke. Just heard the words and spoke what I heard. **[REMEMBER: I didn't listen. I merely spoke.]**

I Discovered that You Memorize Even While You Pay No Attention

That's what makes memorization so easy. *You don't need to pay attention to what you say.* You don't need to concentrate on the words. Nope. Just speak, don't even concentrate, and speak some more, and still don't even concentrate, and after 95 times or 234 times, or however many times it takes you, even 1000 times, you'll have the 1225 words memorized. It depends on the how well your brain works. The older I get, the more times it takes. I'm almost seventy, and a couple years ago I memorized Psalm 91. It took me damn near a thousand times!

It might take one person 117 times. It might take another person like it did me when I was young 234 times. It might take somebody like me now that I'm seventy 1000 times, but who cares how many times it takes? Everybody has it equally memorized!

Yes, I memorized these twelve hundred and twenty-five words (Psalms 145-150) but if that seems daunting at first, then memorize only Psalm 150. It's short, so it won't take you long. Even that short chapter has enough word power so that when you unleash it by **the power of your tongue** it's enough to kick the crap out of emotional garbage that plagues you right now, or that might creep in over the next few days. In fact, I secretly hope you're in a firestorm right now, and if you're not, then make one up, because these 1225 words and **the power of your very own tongue** will force a radical *inexplicable calm into your soul.*

So, read Psalm 150 into a recorder. Every smart phone has one. Record at a slow pace, because at first when you speak along with what you recorded, you're unfamiliar with the words, and you won't be able to keep up with the pace because it moves too fast for your brain. So, you might have to re-record at a slower pace. Use trial and error to see what pace suits you best. So, for your first try, record much slower than you normally speak. And even better, record a small portion, a paragraph or two, and speak along with your recording to check if it's the right speed. That way you can get a sense of what speed feels comfortable, and you won't waste your time to record the whole thing and then you're forced to re-record.

Also, change all the weird King James bible words into modern English. For instance, instead of thee, say you. Instead of thou, say you. In fact, what I'll do is in the next scene, I'll write out for you in plain English how to say the words that when I unleash them by **the power of my very own tongue** have given me peace for four decades. That'll make it easy for you. Incidentally, King James who oversaw the translation of the King James version of the bible in the early 1600s was gay. Yep, King James loved men and had sex with them, so in fact he was "Queen James." Does that upset

your religious apple cart? Too bad. God loves gays, so get over it, oh ye judgmental hate-ologists.

Anyway, when you get to the end of this scene, get your smart phone or your recorder, and record Psalms 145-150; or just Psalm 150. And if you don't have either a smart phone or a recorder, then just read the words straight off the page. That works too, just as well. Whether you hear it and speak it, or whether you read the words aloud from off the page is unimportant. The key is *to speak it aloud, out loud...OUT LOUD.*

Let's just say you're slow, and you fell out of a stupid tree and hit every branch on the way down, so it'll take you, I don't know, it might take you 234 times to say it aloud before you get it. So, if you speak it aloud five times a day, it'll take you...what's 234 divided by 5...forty-seven days. If you speak it aloud ten times a day, it'll take you half the time, about twenty-four days. And if you speak it aloud twenty times a day then you'll have it memorized in twelve days.

If it takes you 500 times instead of 234, then of course it'll take more time. But who cares? Your emotions depend on it. Your happiness, peace, and joy await you.

"Speak the 1225 words...I'm right here."

Remember, the key to keep this easy, and I do mean easy, is DO NOT listen intently, DO NOT concentrate on, and DO NOT focus on what you say. Nope. Just speak. Just speak right along with the tape or speak it aloud as you read it right off the page. *I have no idea how our brains memorize words we don't concentrate on, but it does.* This way, memorization is painless, and you can do other errands at the same time. Like when I painted houses.

So, those of you that have a challenge right now with nasty pain and hurt from what somebody said to you, or how they mistreated you, or you have gut-wrenching depression, or worry over a lost job, or overdue bills, or pissed-off anger at life, or your heart is deeply hurt and broken...or you feel all alone in the world—*don't wait to memorize!* Speak the 1225 words right now. Read the Psalms aloud right now. Just read the 1225 words aloud right off the page and feel **the power of your very own tongue** slam peace that passes all understanding into your heart.

Speak, Speak, Speak to Memorize, Memorize, Memorize

I wrote the 1225 words all out for you in the next scene. Read them through three times out loud. How many times did I say to read it out loud, out loud, and out loud? "Three." Great answer, because if you answered "One," you failed math class. The reason to speak these 1225 words three

times through is because it takes about seven minutes to go through each time. Three times through from start to finish takes 21 minutes.

Three times through the 1225 words takes 21 minutes

And don't try to contemplate and understand the 1225 words. No, you're in a battle, so rapid fire. Contemplate later. Unleash the power of the 1225 words by **the power of your tongue** like an AK-47 now; contemplate and understand the 1225 words later.

The reason you memorize these 1225 words is so you can have a cache of ammunition so when the guy in the red Ferrari cuts you off on the freeway and you want to rip him a new one, then you already have your weapon loaded and ready to fire. It's obvious that seventy-five miles an hour on the freeway is no time to pull out your pocket testament and contemplate.

Oh, and one more thing...

"Speak the words—I'm right here."